COVID-19 check list

- WASH YOUR HANDS—A LOT.
- COUGH INTO YOUR ELBOW.
- AVOID TOUCHING YOUR FACE.
- STOCK UP ON SUPPLIES.
- KEEP A SAFE DISTANCE.
- CLEAN AND DISINFECT YOUR HOME.
- WEAR A FACEMASK IF YOU ARE SICK.
- STOP ALL UNNECESSARY TRAVEL.
- KEEP IN TOUCH VIA PHONE AND EMAIL.
- STAY HOME IF YOU CAN.
- REMAIN CALM.
- CALL YOUR DOCTOR IF YOU FEEL SICK.

Resources include Centers for Disease Control and Prevention, The President’s Guidelines for America, and World Health Organization.

This sheet is information only; it is not intended to be medical advice.

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